



Tristate Trauma Network

Building hope through system transformation

TRAUMA-INFORMED CARE LEARNING COMMUNITY

The Tristate Trauma Network is working to develop a trauma-informed system of care throughout the tristate area. We want organizations to have the necessary tools, skills, and guidance to assess and address the impact of trauma on the people they serve. In order to assist agencies in becoming more trauma-informed, the Tristate Trauma Network partners with the National Council for Behavioral Health to provide an annual Trauma-Informed Care Learning Community. This is a 12-month guided consultation process, which includes collaboration with other Tristate Trauma Network agencies. The National Council has worked with over 300 agencies since 2010, and all have made significant progress along the Seven Domains of Trauma-Informed Care using the National Council's Organizational Self-Assessment© (OSA).

Learning Community program includes:

- 4 days of face-to-face trainings and meetings with the consultants and other participating agencies
- Guidance through the National Council's Trauma-Informed Care Organizational Self-Assessment© (OSA) process (at the beginning of the Learning Community and towards the end to assess progress)
- Access to National Council Faculty and List serve for Tools and Resources
- Three (3) Individual Agency Team Consultation Calls
- Multiple Webinars
- Two (2) Learning Community Group Calls
- Access to a vast array of tools, resources and measurements of performance standards specific to each domain
- Access to individualized technical assistance through National Council Partnerships
- Certificate of Completion at the end of the Learning Community

WHY TRAUMA-INFORMED CARE?

90% of people using public mental health services have been exposed to trauma. An estimated 60 percent of adults in the United States experience an adverse life event (trauma) at least once in their lives. When unaddressed, people who experienced trauma can face poor health outcomes, such as exacerbated mental health problems and increased risk of heart disease, suicide and addiction. Traumatic experiences also greatly affect a child's journey through school. A child impacted by trauma may experience physical ailments, intrusive thoughts and fears, and decreased attention and concentration, all which impact learning. Students with trauma histories may exhibit aggression and anger, strive for perfection, or quietly disengage, all which may affect the ability to form relationships. Teachers, support staff, and administrators spend a large amount of time supporting, calming and disciplining these students.

Educators implementing trauma-sensitive practices are teaching social, emotional, non-cognitive and resilience skills to all students in the school. They are moving from traditional discipline, such as suspension and withholding recess, to mindfulness and restorative practices. And, they are seeing amazing results, including decreases in suspensions and office referrals and increases in attendance, student engagement, academic success and graduation.

TTN has engaged agencies operating in various parts of the tristate and serving a variety of populations: adult mental health, child mental health, developmental disabilities, early education, substance abuse, and women's domestic violence. Our participating agencies have accomplished, training plans for agency training in TIC; system for secondary trauma support and monitoring of burnout; new mission statements incorporating principles of TIC; processes for sharing messages about trauma through social media; new employee and consumer satisfaction surveys; better assessment and screening for trauma.